

Sample Calorie Boosters

Breakfast:

- 1 cup dry cereal
- 1 slice toast with butter
- ½ cup fruit pieces
- 1 scrambled egg
- 8 ounces **Super-Strength milk**

Snack:

- 2 tablespoons peanut butter
- 6 crackers
- Banana

Lunch:

- 4 ounces tuna or chicken salad
- 2 slices whole wheat bread
- Lettuce/tomato
- 1 apple
- 1 cup pudding
- 8 ounces **Super-Strength milk**

Snack:

- ½ cup yogurt
- ½ cup blueberries

Supper:

- Baked chicken breast
- ½ cup rice with gravy
- ½ cup broccoli with cheese sauce
- 8 ounces **Super-Strength milk**

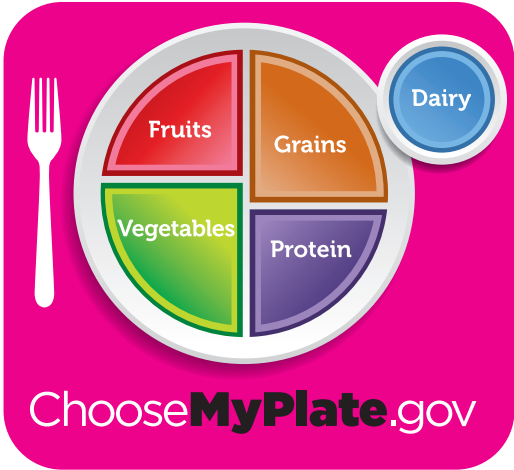
Snack:

- ½-1 cup high calorie, homemade milkshake



Tips To Help With Eating & Weight Gain Problems:

- Eat 3 meals and 3 snacks daily
- Add butter, margarine or oil to all bread, potatoes and vegetables.
- Use mayonnaise, salad dressing and peanut butter freely.



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increasing calories

for weight gain



High Calorie Milkshake Recipes And Ideas:

An option for getting extra calories is making high calorie milkshakes with basic kitchen ingredients using a blender or a spoon.

Step One:

Begin by adding one cup (eight ounces) of a “milk base” to the blender container.

| Milk Base | Calories per Cup (eight ounces) |
|--------------------------|------------------------------------|
| Reduced fat milk (2%) | 120 |
| Low fat milk (1%) | 100 |
| Non-fat/skim milk | 85 |
| Soy milk | 80-130 |
| Super-Strength milk (2%) | 240 |

Step Two:

Add any combination of the following calorie boosters to make a high calorie & tasty milkshake:

| Calorie Boosters | Calories |
|---|----------|
| Peanut butter (1 tbsp) | 85 |
| Vanilla ice cream (½ cup) | 130 |
| Banana (½ medium) | 60 |
| Blueberries (½ cup) | 40 |
| Mixed frozen, canned or fresh fruit (½ cup) | 60 |
| Dry milk powder (1 tbsp) | 30 |
| Powdered “instant breakfast” drink mix | 130 |
| Pasteurized egg product (¼ cup) | 40 |
| Plain low fat yogurt (½ cup) | 65 |
| Low fat yogurt with fruit (½ cup) | 120 |
| Pudding cup (½ cup) | 60-100 |
| Table sugar (1 tbsp) | 50 |



Sample Shakes:

| | |
|-----------------------|------|
| 8 oz low fat milk | 100 |
| 1 tbsp peanut butter | 85 |
| ½ banana | + 60 |
| 245 calories | |
| 8 oz 2% milk | 120 |
| ½ c vanilla ice cream | 130 |
| ½ c peaches | + 60 |
| 310 calories | |



| | |
|--------------------------|-------|
| 8 oz Super-Strength milk | 240 |
| ½ c blueberries | 40 |
| ½ c fruit yogurt | + 100 |
| 380 calories | |

You can try adding one or more of the following “calorie boosters” to the foods or drinks that you already enjoy.

Powdered Milk:

- You can add powdered milk to hot cereal, hot cocoa, casseroles, meatloaf, mashed potatoes, sauces, soups or use in baking by adding to batter.



Super-Strength Milk:

- One quart milk
 - One cup instant dry milk powder
- Stir until mixed well and use as you would regular milk.

Milk, Cream or Half-and-Half

- Use in place of water in preparing foods such as hot cereal, hot cocoa, soups, cream sauces or batters.

Eggs

- Add chopped hard-cooked eggs to salads, casseroles, vegetables or dressings, add an extra egg to pancake or French toast batter. (*egg whites are not for children under 1 year old).

Cheese/Cream Cheese/Cottage Cheese

- Melt cheese on sandwiches, meats, bread or vegetables. Grate and add to eggs, sauces, casseroles, meat loaf or pasta dishes.
- Use cream cheese to spread on bread, crackers or fruit slices.
- Try cottage cheese with fruit, Jell-o, or add to casseroles, eggs or pancake batter.

Peanut Butter or Other Nut Butters*

- Spread on sandwiches, toast, pancakes or waffles or use as a dip for fruit or vegetable sticks. Blend peanut butter into milkshakes or batter/dough for baked goods.

High Calorie Condiments

- Add oils, butter, margarine, gravy, mayonnaise, sour cream or other high calorie condiments to mashed/baked potatoes, noodles, hot cereals, rice, cooked vegetables or other foods where they can be tastefully mixed in.